



23. Karbener Stadtlauf
Klein-Karben / 12.08.2012

Detailed evaluation

Dittlein, Ralf

Club: Bad Homburg
Number: 21

Course: 21.10 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:55:50

Speed: 10.88 km/h
Running performance: 5:29 min/km

Rank in course/Total: 114 (of 177)

Rank in course/Men: 105 (of 144)

Best time in course: 1:12:48

Rank in category: 30(of 36)

Best time in the category: 1:24:20